- Ligaments of the Upper Limb
  - Sternoclavicular Joint
    - Intrinsic
      - Anterior sternoclavicular ligament
      - Posterior sternoclavicular ligament
      - Interclavicular ligament
    - Extrinsic
      - Costoclavicular ligament
  - Acromioclavicular Joint
    - Intrinsic
      - Acromioclavicular ligament
    - Extrinsic
      - Coracoclavicular ligament
        - Conoid
        - Trapezoid
      - Coracoacromial ligament (Stabilizes GH joint)
  - Glenohumeral Joint
    - Intrinsic
      - Anterior glenohumeral ligament
        - Superior, Middle, Inferior with gaps in between
    - Stabilzation
      - Fibrous Capsule
        - Flattened tendons of Rotator cuff muscles Fused to Capsule
      - Labrum
  - Elbow Joint (3 joints, 1 joint capsule and synovial lining)
    - Intrinsic
      - Ulnar collateral ligament
      - Radial collateral ligament
      - Annular ligament
  - Distal Radioulnar Joint
    - Triangular Fibrocartilage
  - Intercarpal Ligaments
    - Many interosseous intercarpal ligaments
  - Clavipectoral Fascia
    - Costocoracoid Ligament (Upward extension)
    - Suspensory Ligament of the axilla (Downward extension)